

Plenary Session

Neurotechnology and Its Applications for Counselling

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Abstract

The development of Neuro technology has opened a window into the brain's neuronal network in real time, showing brain activities in specific areas of the brain associated with specific functions. The study of the brain has long been the domain of psychiatrists and the more medically oriented end of the mental health spectrum; neuroscience has increasingly made its way into the counseling profession. Immersing into the neuroscience principles and literature and peering into the brain of their clients using assistive technology such as biofeedback will enable the counselors to communicate the fundamentals to their clients. The counselors will be able to furnish the empirical evidence to support their observation and create new neural connections that may lead to targeted behavioral changes. The advent of Neurotechnology will provide the middleground to deepen the ties between the hard science and the art of counseling. With that has come the promise of heretofore unimaginable therapeutic possibilities that, for many counselors, have chipped away if not obliterated centuries-old beliefs about the distinction between the brain and the mind.